

SENIOR MOMENTS MEAL SUPPORT OPPORTUNITIES

Twice a month, Monument Crisis Centers supports seniors age 55+ with groceries, a healthy meal, time to socialize, blood pressure screenings and, most importantly, a sense of community.

Your generous donations will help our seniors receive nutritious meals throughout the year!

Sponsor a Meal

Provide breakfast for over 50 seniors!

Help give our seniors a wonderful start to the day with a warm meal. Please contact us for more details on how to sponsor a Senior Moments!

Here are some ideas:

- Breakfast Burritos & Salsa
- Bagels & Fruit
- Breakfast Sandwiches
- Pancakes & Sausage



Donate Food Items

Some favorite items from our seniors are:

Due to health & safety concerns, all food items must be store-bought.

- Plain/Ritz Crackers
- Yogurt & Granola
- Croissant
- Bananas
- Mandarin/Cuties
- Snack Packs with Protein
- Soft Breakfast Bars
- Babybel Cheese
- Muffins & Scones
- Fruits & Berries



Host a Senior Moments

A perfect group volunteer opportunity!

Want to Join us at Monument Crisis Center for a senior event? Volunteer with your group to help serve beverages and food & play BINGO with our Seniors!



NO TIME TO SHOP?

Make a donation on our website!



READY TO SUPPORT OUR SENIORS?

For Volunteer Inquiries connect with:

**Community Engagement Coordinator
Alexis Stanley**

volunteer@monumentcrisiscenter.org
(925) 222 - 6865

For Donation Inquiries connect with:

**Program Manager
Antonio Hurtado**

ahurtado@monumentcrisiscenter.org
(925) 222 - 6882